

Rochester Recreation Center
American Red Cross Certified
Water Safety Instructor Course June 2013

The Rochester Recreation Center is holding a Water Safety Instructor (WSI) course. Students who successfully complete the course will be able to teach American Red Cross swimming lessons. Please review the following details if you are interested in becoming a WSI.

PREREQUISITES:

- 16 years of age by the end of the course. Proof of your age (such as a valid driver's license or driver's permit) is required on the first day of class.
- Have a Fundamentals for Instructor Training (FIT) certificate. (FIT will be offered as part of the class).
- Successful completion of the pre-course swimming skills test.

PRE-COURSE SKILLS TEST: You must demonstrate Red Cross Level 4 swimming skills for these skills:

1. Front Crawl 25 yards
2. Back Crawl 25 yards
3. Breast Stroke 25 Yards
4. Elementary Backstroke 25 yards
5. Sidestroke 25 yards
6. Butterfly 15 yards
7. Maintain position on back for one minute in deep water (float or scull)
8. Tread water for one minute

FEES: \$225.00 - fee includes all textbooks, training material, and FIT course.

REGISTRATION: To register, contact the Rochester Recreation Center office at 507-328-2500; stop by the Recreation Center office and register or register on-line at www.rochestermn.gov – classes and programs. Visa, Discover, and MasterCard are accepted. Class size is limited.

CERTIFICATION REQUIRMENTS: You will have reading and written assignments each day of the class. Candidates must successfully complete four practice teaching assignments and score at least 80% on a 50 question written exam.

ATTENDANCE AT ALL CLASS SESSIONS IS MANDATORY!

DATES, TIMES, AND LOCATIONS

All classes are in Activity Room #3 at the Recreation Center, 21 Elton Hills Drive NW

- Monday, June 10, 8:30 a.m.-5:00 p.m.
- Tuesday, June 11, 8:30 a.m.-12:30 p.m.
- Wed., June 12, 8:30 a.m.-5:00 p.m.
- Thursday, June 13, 8:30 a.m.-5:00 p.m.
- Friday, June 14, 8:30 a.m.-12:30 p.m.